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ABSTRACT

Functioning effectively within a family requires the ability to communicate with diverse and unique individual family members. Appreciating the different ways that people interact with one another may reduce the number of family disputes caused by lack of effective communication. This manual is designed as a practical guide to increasing understanding of personality preferences and differences of family members, including a focus on helping couples understand and strengthen relationships. The guide asserts that the Myers-Briggs Type Indicator (MBTI), which has become the most widely accepted psychological instrument in the world for use with the general population, can help turn good intentions into effective communications through mutual understanding of personality preferences. The guide describes the MBTI, including its four scales, emphasizing the non-judgmental nature of the indicator. Each personality preference category/type is described, including basic characteristics, favored functions, how a person of that type deals with family problems, and what to do when communicating with people of that type. Other topics include "active listening" across type differences, and family norms. A list of further resources is included. (BGC)

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